

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 km	Fraserburgh Running Club Standards				
OC sec	779					
OC	00:12:59	Plat	Gold	Silver	Bronze	Copper
5	00:21:26	00:25:43	00:28:56	00:32:09	00:35:22	00:39:39
6	00:19:41	00:23:37	00:26:34	00:29:32	00:32:29	00:36:25
7	00:18:18	00:21:58	00:24:42	00:27:27	00:30:12	00:33:51
8	00:17:11	00:20:37	00:23:12	00:25:46	00:28:21	00:31:47
9	00:16:17	00:19:32	00:21:59	00:24:26	00:26:52	00:30:07
10	00:15:32	00:18:38	00:20:58	00:23:18	00:25:38	00:28:44
11	00:14:55	00:17:54	00:20:08	00:22:22	00:24:37	00:27:36
12	00:14:26	00:17:19	00:19:29	00:21:39	00:23:49	00:26:42
13	00:14:02	00:16:50	00:18:57	00:21:03	00:23:09	00:25:58
14	00:13:42	00:16:26	00:18:30	00:20:33	00:22:36	00:25:21
15	00:13:27	00:16:08	00:18:09	00:20:10	00:22:12	00:24:53
16	00:13:15	00:15:54	00:17:53	00:19:52	00:21:52	00:24:31
17	00:13:06	00:15:43	00:17:41	00:19:39	00:21:37	00:24:14
18	00:13:00	00:15:36	00:17:33	00:19:30	00:21:27	00:24:03
19	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
20	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
21	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
22	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
23	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
24	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
25	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
26	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
27	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
28	00:12:59	00:15:35	00:17:32	00:19:28	00:21:25	00:24:01
29	00:13:00	00:15:36	00:17:33	00:19:30	00:21:27	00:24:03
30	00:13:01	00:15:37	00:17:34	00:19:31	00:21:29	00:24:05
31	00:13:03	00:15:40	00:17:37	00:19:34	00:21:32	00:24:09
32	00:13:05	00:15:42	00:17:40	00:19:37	00:21:35	00:24:12
33	00:13:08	00:15:46	00:17:44	00:19:42	00:21:40	00:24:18
34	00:13:12	00:15:50	00:17:49	00:19:48	00:21:47	00:24:25
35	00:13:16	00:15:55	00:17:55	00:19:54	00:21:53	00:24:33
36	00:13:20	00:16:00	00:18:00	00:20:00	00:22:00	00:24:40
37	00:13:25	00:16:06	00:18:07	00:20:07	00:22:08	00:24:49
38	00:13:31	00:16:13	00:18:15	00:20:16	00:22:18	00:25:00
39	00:13:37	00:16:20	00:18:23	00:20:26	00:22:28	00:25:11
40	00:13:43	00:16:28	00:18:31	00:20:34	00:22:38	00:25:23
41	00:13:48	00:16:34	00:18:38	00:20:42	00:22:46	00:25:32
42	00:13:54	00:16:41	00:18:46	00:20:51	00:22:56	00:25:43
43	00:14:00	00:16:48	00:18:54	00:21:00	00:23:06	00:25:54
44	00:14:06	00:16:55	00:19:02	00:21:09	00:23:16	00:26:05
45	00:14:13	00:17:04	00:19:12	00:21:20	00:23:27	00:26:18
46	00:14:19	00:17:11	00:19:20	00:21:29	00:23:37	00:26:29
47	00:14:25	00:17:18	00:19:28	00:21:37	00:23:47	00:26:40
48	00:14:32	00:17:26	00:19:37	00:21:48	00:23:59	00:26:53
49	00:14:38	00:17:34	00:19:45	00:21:57	00:24:09	00:27:04
50	00:14:45	00:17:42	00:19:55	00:22:08	00:24:20	00:27:17
51	00:14:52	00:17:50	00:20:04	00:22:18	00:24:32	00:27:30
52	00:14:59	00:17:59	00:20:14	00:22:29	00:24:43	00:27:43
53	00:15:06	00:18:07	00:20:23	00:22:39	00:24:55	00:27:56
54	00:15:13	00:18:16	00:20:33	00:22:49	00:25:06	00:28:09
55	00:15:20	00:18:24	00:20:42	00:23:00	00:25:18	00:28:22

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 km	Fraserburgh Running Club Standards				
OC sec	779					
OC	00:12:59	Plat	Gold	Silver	Bronze	Copper
56	00:15:27	00:18:32	00:20:51	00:23:11	00:25:30	00:28:35
57	00:15:35	00:18:42	00:21:02	00:23:22	00:25:43	00:28:50
58	00:15:43	00:18:52	00:21:13	00:23:34	00:25:56	00:29:05
59	00:15:50	00:19:00	00:21:23	00:23:45	00:26:07	00:29:18
60	00:15:58	00:19:10	00:21:33	00:23:57	00:26:21	00:29:32
61	00:16:06	00:19:19	00:21:44	00:24:09	00:26:34	00:29:47
62	00:16:14	00:19:29	00:21:55	00:24:21	00:26:47	00:30:02
63	00:16:22	00:19:38	00:22:06	00:24:33	00:27:00	00:30:17
64	00:16:31	00:19:49	00:22:18	00:24:47	00:27:15	00:30:33
65	00:16:39	00:19:59	00:22:29	00:24:58	00:27:28	00:30:48
66	00:16:48	00:20:10	00:22:41	00:25:12	00:27:43	00:31:05
67	00:16:57	00:20:20	00:22:53	00:25:26	00:27:58	00:31:21
68	00:17:06	00:20:31	00:23:05	00:25:39	00:28:13	00:31:38
69	00:17:17	00:20:44	00:23:20	00:25:56	00:28:31	00:31:58
70	00:17:28	00:20:58	00:23:35	00:26:12	00:28:49	00:32:19
71	00:17:41	00:21:13	00:23:52	00:26:31	00:29:11	00:32:43
72	00:17:55	00:21:30	00:24:11	00:26:52	00:29:34	00:33:09
73	00:18:10	00:21:48	00:24:32	00:27:15	00:29:58	00:33:37
74	00:18:27	00:22:08	00:24:54	00:27:40	00:30:27	00:34:08
75	00:18:45	00:22:30	00:25:19	00:28:07	00:30:56	00:34:41
76	00:19:05	00:22:54	00:25:46	00:28:37	00:31:29	00:35:18
77	00:19:26	00:23:19	00:26:14	00:29:09	00:32:04	00:35:57
78	00:19:50	00:23:48	00:26:47	00:29:45	00:32:44	00:36:42
79	00:20:16	00:24:19	00:27:22	00:30:24	00:33:26	00:37:30
80	00:20:44	00:24:53	00:27:59	00:31:06	00:34:13	00:38:21
81	00:21:15	00:25:30	00:28:41	00:31:52	00:35:04	00:39:19
82	00:21:48	00:26:10	00:29:26	00:32:42	00:35:58	00:40:20
83	00:22:25	00:26:54	00:30:16	00:33:37	00:36:59	00:41:28
84	00:23:06	00:27:43	00:31:11	00:34:39	00:38:07	00:42:44
85	00:23:51	00:28:37	00:32:12	00:35:46	00:39:21	00:44:07
86	00:24:40	00:29:36	00:33:18	00:37:00	00:40:42	00:45:38
87	00:25:35	00:30:42	00:34:32	00:38:23	00:42:13	00:47:20
88	00:26:37	00:31:56	00:35:56	00:39:56	00:43:55	00:49:14
89	00:27:45	00:33:18	00:37:28	00:41:37	00:45:47	00:51:20
90	00:29:03	00:34:52	00:39:13	00:43:34	00:47:56	00:53:45
91	00:30:30	00:36:36	00:41:11	00:45:45	00:50:20	00:56:26
92	00:32:10	00:38:36	00:43:26	00:48:15	00:53:04	00:59:31
93	00:34:04	00:40:53	00:45:59	00:51:06	00:56:13	01:03:01
94	00:36:17	00:43:32	00:48:59	00:54:25	00:59:52	01:07:07
95	00:38:52	00:46:38	00:52:28	00:58:18	01:04:08	01:11:54
96	00:41:57	00:50:20	00:56:38	01:02:56	01:09:13	01:17:36
97	00:45:39	00:54:47	01:01:38	01:08:29	01:15:19	01:24:27
98	00:50:12	01:00:14	01:07:46	01:15:18	01:22:50	01:32:52
99	00:55:53	01:07:04	01:15:27	01:23:49	01:32:12	01:43:23
100	01:03:14	01:15:53	01:25:22	01:34:51	01:44:20	01:56:59

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 Mile 1279	Fraserburgh Running Club Standards				
OC sec						
OC		00:21:19	Plat	Gold	Silver	Bronze
5	00:35:12	00:42:14	00:47:31	00:52:48	00:58:05	01:05:07
6	00:32:19	00:38:47	00:43:38	00:48:29	00:53:19	00:59:47
7	00:30:02	00:36:02	00:40:33	00:45:03	00:49:33	00:55:34
8	00:28:13	00:33:52	00:38:06	00:42:20	00:46:33	00:52:12
9	00:26:44	00:32:05	00:36:05	00:40:06	00:44:07	00:49:27
10	00:25:31	00:30:37	00:34:27	00:38:16	00:42:06	00:47:12
11	00:24:31	00:29:25	00:33:06	00:36:46	00:40:27	00:45:21
12	00:23:42	00:28:26	00:32:00	00:35:33	00:39:06	00:43:51
13	00:23:02	00:27:38	00:31:06	00:34:33	00:38:00	00:42:37
14	00:22:30	00:27:00	00:30:22	00:33:45	00:37:07	00:41:37
15	00:22:05	00:26:30	00:29:49	00:33:08	00:36:26	00:40:51
16	00:21:46	00:26:07	00:29:23	00:32:39	00:35:55	00:40:16
17	00:21:30	00:25:48	00:29:02	00:32:15	00:35:29	00:39:47
18	00:21:20	00:25:36	00:28:48	00:32:00	00:35:12	00:39:28
19	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
20	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
21	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
22	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
23	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
24	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
25	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
26	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
27	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
28	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
29	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
30	00:21:20	00:25:36	00:28:48	00:32:00	00:35:12	00:39:28
31	00:21:21	00:25:37	00:28:49	00:32:01	00:35:14	00:39:30
32	00:21:23	00:25:40	00:28:52	00:32:05	00:35:17	00:39:34
33	00:21:26	00:25:43	00:28:56	00:32:09	00:35:22	00:39:39
34	00:21:30	00:25:48	00:29:02	00:32:15	00:35:29	00:39:47
35	00:21:35	00:25:54	00:29:08	00:32:22	00:35:37	00:39:56
36	00:21:41	00:26:01	00:29:16	00:32:31	00:35:47	00:40:07
37	00:21:48	00:26:10	00:29:26	00:32:42	00:35:58	00:40:20
38	00:21:56	00:26:19	00:29:37	00:32:54	00:36:11	00:40:35
39	00:22:05	00:26:30	00:29:49	00:33:08	00:36:26	00:40:51
40	00:22:15	00:26:42	00:30:02	00:33:22	00:36:43	00:41:10
41	00:22:25	00:26:54	00:30:16	00:33:37	00:36:59	00:41:28
42	00:22:35	00:27:06	00:30:29	00:33:52	00:37:16	00:41:47
43	00:22:46	00:27:19	00:30:44	00:34:09	00:37:34	00:42:07
44	00:22:56	00:27:31	00:30:58	00:34:24	00:37:50	00:42:26
45	00:23:07	00:27:44	00:31:12	00:34:40	00:38:09	00:42:46
46	00:23:18	00:27:58	00:31:27	00:34:57	00:38:27	00:43:06
47	00:23:29	00:28:11	00:31:42	00:35:14	00:38:45	00:43:27
48	00:23:40	00:28:24	00:31:57	00:35:30	00:39:03	00:43:47
49	00:23:52	00:28:38	00:32:13	00:35:48	00:39:23	00:44:09
50	00:24:04	00:28:53	00:32:29	00:36:06	00:39:43	00:44:31
51	00:24:16	00:29:07	00:32:46	00:36:24	00:40:02	00:44:54
52	00:24:28	00:29:22	00:33:02	00:36:42	00:40:22	00:45:16
53	00:24:40	00:29:36	00:33:18	00:37:00	00:40:42	00:45:38
54	00:24:53	00:29:52	00:33:36	00:37:20	00:41:03	00:46:02
55	00:25:05	00:30:06	00:33:52	00:37:38	00:41:23	00:46:24

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 Mile	Fraserburgh Running Club Standards				
OC sec	1279					
OC	00:21:19	Plat	Gold	Silver	Bronze	Copper
56	00:25:18	00:30:22	00:34:09	00:37:57	00:41:45	00:46:48
57	00:25:31	00:30:37	00:34:27	00:38:16	00:42:06	00:47:12
58	00:25:45	00:30:54	00:34:46	00:38:37	00:42:29	00:47:38
59	00:25:58	00:31:10	00:35:03	00:38:57	00:42:51	00:48:02
60	00:26:12	00:31:26	00:35:22	00:39:18	00:43:14	00:48:28
61	00:26:26	00:31:43	00:35:41	00:39:39	00:43:37	00:48:54
62	00:26:41	00:32:01	00:36:01	00:40:01	00:44:02	00:49:22
63	00:26:55	00:32:18	00:36:20	00:40:22	00:44:25	00:49:48
64	00:27:10	00:32:36	00:36:41	00:40:45	00:44:50	00:50:16
65	00:27:25	00:32:54	00:37:01	00:41:07	00:45:14	00:50:43
66	00:27:41	00:33:13	00:37:22	00:41:31	00:45:41	00:51:13
67	00:27:56	00:33:31	00:37:43	00:41:54	00:46:05	00:51:41
68	00:28:12	00:33:50	00:38:04	00:42:18	00:46:32	00:52:10
69	00:28:29	00:34:11	00:38:27	00:42:44	00:47:00	00:52:42
70	00:28:48	00:34:34	00:38:53	00:43:12	00:47:31	00:53:17
71	00:29:09	00:34:59	00:39:21	00:43:44	00:48:06	00:53:56
72	00:29:31	00:35:25	00:39:51	00:44:16	00:48:42	00:54:36
73	00:29:57	00:35:56	00:40:26	00:44:55	00:49:25	00:55:24
74	00:30:24	00:36:29	00:41:02	00:45:36	00:50:10	00:56:14
75	00:30:54	00:37:05	00:41:43	00:46:21	00:50:59	00:57:10
76	00:31:27	00:37:44	00:42:27	00:47:11	00:51:54	00:58:11
77	00:32:02	00:38:26	00:43:15	00:48:03	00:52:51	00:59:16
78	00:32:42	00:39:14	00:44:09	00:49:03	00:53:57	01:00:30
79	00:33:25	00:40:06	00:45:07	00:50:08	00:55:08	01:01:49
80	00:34:11	00:41:01	00:46:09	00:51:17	00:56:24	01:03:14
81	00:35:03	00:42:04	00:47:19	00:52:35	00:57:50	01:04:51
82	00:35:59	00:43:11	00:48:35	00:53:59	00:59:22	01:06:34
83	00:37:01	00:44:25	00:49:58	00:55:31	01:01:05	01:08:29
84	00:38:09	00:45:47	00:51:30	00:57:13	01:02:57	01:10:35
85	00:39:25	00:47:18	00:53:13	00:59:08	01:05:02	01:12:55
86	00:40:48	00:48:58	00:55:05	01:01:12	01:07:19	01:15:29
87	00:42:21	00:50:49	00:57:10	01:03:32	01:09:53	01:18:21
88	00:44:05	00:52:54	00:59:31	01:06:08	01:12:44	01:21:33
89	00:46:02	00:55:14	01:02:09	01:09:03	01:15:57	01:25:10
90	00:48:14	00:57:53	01:05:07	01:12:21	01:19:35	01:29:14
91	00:50:43	01:00:52	01:08:28	01:16:05	01:23:41	01:33:50
92	00:53:34	01:04:17	01:12:19	01:20:21	01:28:23	01:39:06
93	00:56:51	01:08:13	01:16:45	01:25:17	01:33:48	01:45:10
94	01:00:41	01:12:49	01:21:55	01:31:02	01:40:08	01:52:16
95	01:05:11	01:18:13	01:28:00	01:37:46	01:47:33	02:00:35
96	01:10:34	01:24:41	01:35:16	01:45:51	01:56:26	02:10:33
97	01:17:06	01:32:31	01:44:05	01:55:39	02:07:13	02:22:38
98	01:25:12	01:42:14	01:55:01	02:07:48	02:20:35	02:37:37
99	01:35:25	01:54:30	02:08:49	02:23:07	02:37:26	02:56:31
100	01:48:52	02:10:38	02:26:58	02:43:18	02:59:38	03:21:24

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 km	Fraserburgh Running Club Standards				
OC sec	1603					
OC	00:26:43	Plat	Gold	Silver	Bronze	Copper
5	00:44:07	00:52:56	00:59:33	01:06:10	01:12:48	01:21:37
6	00:40:30	00:48:36	00:54:41	01:00:45	01:06:50	01:14:56
7	00:37:39	00:45:11	00:50:50	00:56:28	01:02:07	01:09:39
8	00:35:21	00:42:25	00:47:43	00:53:02	00:58:20	01:05:24
9	00:33:30	00:40:12	00:45:14	00:50:15	00:55:17	01:01:59
10	00:31:58	00:38:22	00:43:09	00:47:57	00:52:45	00:59:08
11	00:30:43	00:36:52	00:41:28	00:46:05	00:50:41	00:56:50
12	00:29:42	00:35:38	00:40:06	00:44:33	00:49:00	00:54:57
13	00:28:52	00:34:38	00:38:58	00:43:18	00:47:38	00:53:24
14	00:28:12	00:33:50	00:38:04	00:42:18	00:46:32	00:52:10
15	00:27:40	00:33:12	00:37:21	00:41:30	00:45:39	00:51:11
16	00:27:16	00:32:43	00:36:49	00:40:54	00:44:59	00:50:27
17	00:26:57	00:32:20	00:36:23	00:40:26	00:44:28	00:49:51
18	00:26:44	00:32:05	00:36:05	00:40:06	00:44:07	00:49:27
19	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
20	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
21	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
22	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
23	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
24	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
25	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
26	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
27	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
28	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
29	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
30	00:26:43	00:32:04	00:36:04	00:40:04	00:44:05	00:49:26
31	00:26:44	00:32:05	00:36:05	00:40:06	00:44:07	00:49:27
32	00:26:46	00:32:07	00:36:08	00:40:09	00:44:10	00:49:31
33	00:26:48	00:32:10	00:36:11	00:40:12	00:44:13	00:49:35
34	00:26:53	00:32:16	00:36:18	00:40:19	00:44:21	00:49:44
35	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53
36	00:27:04	00:32:29	00:36:32	00:40:36	00:44:40	00:50:04
37	00:27:12	00:32:38	00:36:43	00:40:48	00:44:53	00:50:19
38	00:27:21	00:32:49	00:36:55	00:41:01	00:45:08	00:50:36
39	00:27:31	00:33:01	00:37:09	00:41:17	00:45:24	00:50:54
40	00:27:43	00:33:16	00:37:25	00:41:34	00:45:44	00:51:17
41	00:27:56	00:33:31	00:37:43	00:41:54	00:46:05	00:51:41
42	00:28:09	00:33:47	00:38:00	00:42:13	00:46:27	00:52:05
43	00:28:22	00:34:02	00:38:18	00:42:33	00:46:48	00:52:29
44	00:28:36	00:34:19	00:38:37	00:42:54	00:47:11	00:52:55
45	00:28:50	00:34:36	00:38:55	00:43:15	00:47:34	00:53:21
46	00:29:04	00:34:53	00:39:14	00:43:36	00:47:58	00:53:46
47	00:29:18	00:35:10	00:39:33	00:43:57	00:48:21	00:54:12
48	00:29:33	00:35:28	00:39:54	00:44:19	00:48:45	00:54:40
49	00:29:47	00:35:44	00:40:12	00:44:40	00:49:09	00:55:06
50	00:30:03	00:36:04	00:40:34	00:45:05	00:49:35	00:55:36
51	00:30:18	00:36:22	00:40:54	00:45:27	00:50:00	00:56:03
52	00:30:33	00:36:40	00:41:15	00:45:50	00:50:24	00:56:31
53	00:30:49	00:36:59	00:41:36	00:46:13	00:50:51	00:57:01
54	00:31:05	00:37:18	00:41:58	00:46:38	00:51:17	00:57:30
55	00:31:22	00:37:38	00:42:21	00:47:03	00:51:45	00:58:02

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 km	Fraserburgh Running Club Standards				
OC sec	1603					
OC	00:26:43	Plat	Gold	Silver	Bronze	Copper
56	00:31:38	00:37:58	00:42:42	00:47:27	00:52:12	00:58:31
57	00:31:55	00:38:18	00:43:05	00:47:53	00:52:40	00:59:03
58	00:32:12	00:38:38	00:43:28	00:48:18	00:53:08	00:59:34
59	00:32:30	00:39:00	00:43:53	00:48:45	00:53:38	01:00:08
60	00:32:48	00:39:22	00:44:17	00:49:12	00:54:07	01:00:41
61	00:33:06	00:39:43	00:44:41	00:49:39	00:54:37	01:01:14
62	00:33:25	00:40:06	00:45:07	00:50:08	00:55:08	01:01:49
63	00:33:44	00:40:29	00:45:32	00:50:36	00:55:40	01:02:24
64	00:34:03	00:40:52	00:45:58	00:51:05	00:56:11	01:03:00
65	00:34:23	00:41:16	00:46:25	00:51:35	00:56:44	01:03:37
66	00:34:43	00:41:40	00:46:52	00:52:05	00:57:17	01:04:14
67	00:35:03	00:42:04	00:47:19	00:52:35	00:57:50	01:04:51
68	00:35:24	00:42:29	00:47:47	00:53:06	00:58:25	01:05:29
69	00:35:46	00:42:55	00:48:17	00:53:39	00:59:01	01:06:10
70	00:36:09	00:43:23	00:48:48	00:54:14	00:59:39	01:06:53
71	00:36:34	00:43:53	00:49:22	00:54:51	01:00:20	01:07:39
72	00:37:03	00:44:28	00:50:01	00:55:35	01:01:08	01:08:33
73	00:37:34	00:45:05	00:50:43	00:56:21	01:01:59	01:09:30
74	00:38:08	00:45:46	00:51:29	00:57:12	01:02:55	01:10:33
75	00:38:46	00:46:31	00:52:20	00:58:09	01:03:58	01:11:43
76	00:39:27	00:47:20	00:53:15	00:59:11	01:05:06	01:12:59
77	00:40:12	00:48:14	00:54:16	01:00:18	01:06:20	01:14:22
78	00:41:01	00:49:13	00:55:22	01:01:31	01:07:41	01:15:53
79	00:41:55	00:50:18	00:56:35	01:02:52	01:09:10	01:17:33
80	00:42:54	00:51:29	00:57:55	01:04:21	01:10:47	01:19:22
81	00:43:59	00:52:47	00:59:23	01:05:59	01:12:34	01:21:22
82	00:45:10	00:54:12	01:00:59	01:07:45	01:14:32	01:23:34
83	00:46:28	00:55:46	01:02:44	01:09:42	01:16:40	01:25:58
84	00:47:54	00:57:29	01:04:40	01:11:51	01:19:02	01:28:37
85	00:49:30	00:59:24	01:06:50	01:14:15	01:21:41	01:31:35
86	00:51:15	01:01:30	01:09:11	01:16:52	01:24:34	01:34:49
87	00:53:13	01:03:52	01:11:51	01:19:50	01:27:48	01:38:27
88	00:55:25	01:06:30	01:14:49	01:23:07	01:31:26	01:42:31
89	00:57:53	01:09:28	01:18:09	01:26:50	01:35:30	01:47:05
90	01:00:40	01:12:48	01:21:54	01:31:00	01:40:06	01:52:14
91	01:03:50	01:16:36	01:26:11	01:35:45	01:45:19	01:58:05
92	01:07:28	01:20:58	01:31:05	01:41:12	01:51:19	02:04:49
93	01:11:40	01:26:00	01:36:45	01:47:30	01:58:15	02:12:35
94	01:16:34	01:31:53	01:43:22	01:54:51	02:06:20	02:21:39
95	01:22:21	01:38:49	01:51:10	02:03:31	02:15:53	02:32:21
96	01:29:16	01:47:07	02:00:31	02:13:54	02:27:17	02:45:09
97	01:37:43	01:57:16	02:11:55	02:26:34	02:41:14	03:00:47
98	01:48:10	02:09:48	02:26:02	02:42:15	02:58:29	03:20:07
99	02:01:33	02:25:52	02:44:06	03:02:20	03:20:33	03:44:52
100	02:19:09	02:46:59	03:07:51	03:28:44	03:49:36	04:17:26

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 Mile	Fraserburgh Running Club Standards				
OC sec	2640					
OC	00:44:00	Plat	Gold	Silver	Bronze	Copper
5	01:12:39	01:27:11	01:38:05	01:48:58	01:59:52	02:14:24
6	01:06:42	01:20:02	01:30:03	01:40:03	01:50:03	02:03:24
7	01:02:00	01:14:24	01:23:42	01:33:00	01:42:18	01:54:42
8	00:58:14	01:09:53	01:18:37	01:27:21	01:36:05	01:47:44
9	00:55:10	01:06:12	01:14:28	01:22:45	01:31:02	01:42:03
10	00:52:39	01:03:11	01:11:05	01:18:58	01:26:52	01:37:24
11	00:50:36	01:00:43	01:08:19	01:15:54	01:23:29	01:33:37
12	00:48:55	00:58:42	01:06:02	01:13:22	01:20:43	01:30:30
13	00:47:32	00:57:02	01:04:10	01:11:18	01:18:26	01:27:56
14	00:46:26	00:55:43	01:02:41	01:09:39	01:16:37	01:25:54
15	00:45:34	00:54:41	01:01:31	01:08:21	01:15:11	01:24:18
16	00:44:55	00:53:54	01:00:38	01:07:23	01:14:07	01:23:06
17	00:44:22	00:53:14	00:59:54	01:06:33	01:13:12	01:22:05
18	00:44:02	00:52:50	00:59:27	01:06:03	01:12:39	01:21:28
19	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
20	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
21	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
22	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
23	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
24	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
25	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
26	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
27	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
28	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
29	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
30	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
31	00:44:00	00:52:48	00:59:24	01:06:00	01:12:36	01:21:24
32	00:44:01	00:52:49	00:59:25	01:06:02	01:12:38	01:21:26
33	00:44:05	00:52:54	00:59:31	01:06:08	01:12:44	01:21:33
34	00:44:10	00:53:00	00:59:38	01:06:15	01:12:53	01:21:43
35	00:44:17	00:53:08	00:59:47	01:06:26	01:13:04	01:21:55
36	00:44:26	00:53:19	00:59:59	01:06:39	01:13:19	01:22:12
37	00:44:37	00:53:32	01:00:14	01:06:56	01:13:37	01:22:32
38	00:44:50	00:53:48	01:00:32	01:07:15	01:13:59	01:22:57
39	00:45:05	00:54:06	01:00:52	01:07:38	01:14:23	01:23:24
40	00:45:23	00:54:28	01:01:16	01:08:05	01:14:53	01:23:58
41	00:45:43	00:54:52	01:01:43	01:08:35	01:15:26	01:24:35
42	00:46:05	00:55:18	01:02:13	01:09:08	01:16:02	01:25:15
43	00:46:27	00:55:44	01:02:42	01:09:41	01:16:39	01:25:56
44	00:46:50	00:56:12	01:03:13	01:10:15	01:17:17	01:26:39
45	00:47:13	00:56:40	01:03:45	01:10:50	01:17:54	01:27:21
46	00:47:37	00:57:08	01:04:17	01:11:26	01:18:34	01:28:05
47	00:48:00	00:57:36	01:04:48	01:12:00	01:19:12	01:28:48
48	00:48:25	00:58:06	01:05:22	01:12:38	01:19:53	01:29:34
49	00:48:49	00:58:35	01:05:54	01:13:14	01:20:33	01:30:19
50	00:49:15	00:59:06	01:06:29	01:13:53	01:21:16	01:31:07
51	00:49:40	00:59:36	01:07:03	01:14:30	01:21:57	01:31:53
52	00:50:06	01:00:07	01:07:38	01:15:09	01:22:40	01:32:41
53	00:50:33	01:00:40	01:08:15	01:15:50	01:23:24	01:33:31
54	00:50:59	01:01:11	01:08:50	01:16:29	01:24:07	01:34:19
55	00:51:27	01:01:44	01:09:27	01:17:10	01:24:54	01:35:11

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 Mile	Fraserburgh Running Club Standards				
OC sec	2640					
OC	00:44:00	Plat	Gold	Silver	Bronze	Copper
56	00:51:55	01:02:18	01:10:05	01:17:53	01:25:40	01:36:03
57	00:52:23	01:02:52	01:10:43	01:18:35	01:26:26	01:36:55
58	00:52:52	01:03:26	01:11:22	01:19:18	01:27:14	01:37:48
59	00:53:22	01:04:02	01:12:03	01:20:03	01:28:03	01:38:44
60	00:53:52	01:04:38	01:12:43	01:20:48	01:28:53	01:39:39
61	00:54:22	01:05:14	01:13:24	01:21:33	01:29:42	01:40:35
62	00:54:54	01:05:53	01:14:07	01:22:21	01:30:35	01:41:34
63	00:55:26	01:06:31	01:14:50	01:23:09	01:31:28	01:42:33
64	00:55:58	01:07:10	01:15:33	01:23:57	01:32:21	01:43:32
65	00:56:31	01:07:49	01:16:18	01:24:47	01:33:15	01:44:33
66	00:57:05	01:08:30	01:17:04	01:25:38	01:34:11	01:45:36
67	00:57:40	01:09:12	01:17:51	01:26:30	01:35:09	01:46:41
68	00:58:14	01:09:53	01:18:37	01:27:21	01:36:05	01:47:44
69	00:58:50	01:10:36	01:19:26	01:28:15	01:37:04	01:48:50
70	00:59:27	01:11:20	01:20:15	01:29:11	01:38:06	01:49:59
71	01:00:08	01:12:10	01:21:11	01:30:12	01:39:13	01:51:15
72	01:00:53	01:13:04	01:22:12	01:31:19	01:40:27	01:52:38
73	01:01:43	01:14:04	01:23:19	01:32:35	01:41:50	01:54:11
74	01:02:37	01:15:08	01:24:32	01:33:56	01:43:19	01:55:50
75	01:03:38	01:16:22	01:25:54	01:35:27	01:45:00	01:57:43
76	01:04:44	01:17:41	01:27:23	01:37:06	01:46:49	01:59:45
77	01:05:56	01:19:07	01:29:01	01:38:54	01:48:47	02:01:59
78	01:07:15	01:20:42	01:30:47	01:40:52	01:50:58	02:04:25
79	01:08:43	01:22:28	01:32:46	01:43:04	01:53:23	02:07:08
80	01:10:19	01:24:23	01:34:56	01:45:28	01:56:01	02:10:05
81	01:12:04	01:26:29	01:37:17	01:48:06	01:58:55	02:13:19
82	01:13:59	01:28:47	01:39:53	01:50:59	02:02:04	02:16:52
83	01:16:06	01:31:19	01:42:44	01:54:09	02:05:34	02:20:47
84	01:18:27	01:34:08	01:45:54	01:57:41	02:09:27	02:25:08
85	01:21:02	01:37:14	01:49:24	02:01:33	02:13:42	02:29:55
86	01:23:54	01:40:41	01:53:16	02:05:51	02:18:26	02:35:13
87	01:27:08	01:44:34	01:57:38	02:10:42	02:23:46	02:41:12
88	01:30:43	01:48:52	02:02:28	02:16:05	02:29:41	02:47:50
89	01:34:45	01:53:42	02:07:55	02:22:07	02:36:20	02:55:17
90	01:39:19	01:59:11	02:14:05	02:28:59	02:43:52	03:03:44
91	01:44:32	02:05:26	02:21:07	02:36:48	02:52:29	03:13:23
92	01:50:30	02:12:36	02:29:11	02:45:45	03:02:20	03:24:26
93	01:57:24	02:20:53	02:38:29	02:56:06	03:13:43	03:37:11
94	02:05:30	02:30:36	02:49:26	03:08:15	03:27:05	03:52:11
95	02:15:03	02:42:04	03:02:19	03:22:35	03:42:50	04:09:51
96	02:26:28	02:55:46	03:17:44	03:39:42	04:01:40	04:30:58
97	02:40:28	03:12:34	03:36:38	04:00:42	04:24:46	04:56:52
98	02:57:55	03:33:30	04:00:11	04:26:52	04:53:34	05:29:09
99	03:20:11	04:00:13	04:30:15	05:00:17	05:30:18	06:10:20
100	03:49:39	04:35:35	05:10:02	05:44:29	06:18:55	07:04:51

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	H. Mar	Fraserburgh Running Club Standards				
OC sec	3503					
OC	00:58:23	Plat	Gold	Silver	Bronze	Copper
5	01:36:24	01:55:41	02:10:08	02:24:36	02:39:04	02:58:20
6	01:28:31	01:46:13	01:59:30	02:12:46	02:26:03	02:43:45
7	01:22:17	01:38:44	01:51:05	02:03:25	02:15:46	02:32:13
8	01:17:16	01:32:43	01:44:19	01:55:54	02:07:29	02:22:57
9	01:13:12	01:27:50	01:38:49	01:49:48	02:00:47	02:15:25
10	01:09:52	01:23:50	01:34:19	01:44:48	01:55:17	02:09:15
11	01:07:08	01:20:34	01:30:38	01:40:42	01:50:46	02:04:12
12	01:04:54	01:17:53	01:27:37	01:37:21	01:47:05	02:00:04
13	01:03:05	01:15:42	01:25:10	01:34:38	01:44:05	01:56:42
14	01:01:37	01:13:56	01:23:11	01:32:25	01:41:40	01:53:59
15	01:00:28	01:12:34	01:21:38	01:30:42	01:39:46	01:51:52
16	00:59:36	01:11:31	01:20:28	01:29:24	01:38:20	01:50:16
17	00:58:53	01:10:40	01:19:30	01:28:20	01:37:09	01:48:56
18	00:58:25	01:10:06	01:18:52	01:27:37	01:36:23	01:48:04
19	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
20	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
21	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
22	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
23	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
24	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
25	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
26	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
27	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
28	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
29	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
30	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
31	00:58:23	01:10:04	01:18:49	01:27:35	01:36:20	01:48:01
32	00:58:24	01:10:05	01:18:50	01:27:36	01:36:22	01:48:02
33	00:58:27	01:10:08	01:18:54	01:27:41	01:36:27	01:48:08
34	00:58:32	01:10:14	01:19:01	01:27:48	01:36:35	01:48:17
35	00:58:41	01:10:25	01:19:13	01:28:02	01:36:50	01:48:34
36	00:58:51	01:10:37	01:19:27	01:28:16	01:37:06	01:48:52
37	00:59:05	01:10:54	01:19:46	01:28:37	01:37:29	01:49:18
38	00:59:21	01:11:13	01:20:07	01:29:02	01:37:56	01:49:48
39	00:59:40	01:11:36	01:20:33	01:29:30	01:38:27	01:50:23
40	01:00:02	01:12:02	01:21:03	01:30:03	01:39:03	01:51:04
41	01:00:27	01:12:32	01:21:36	01:30:40	01:39:45	01:51:50
42	01:00:55	01:13:06	01:22:14	01:31:22	01:40:31	01:52:42
43	01:01:25	01:13:42	01:22:55	01:32:08	01:41:20	01:53:37
44	01:01:56	01:14:19	01:23:37	01:32:54	01:42:11	01:54:35
45	01:02:27	01:14:56	01:24:18	01:33:40	01:43:03	01:55:32
46	01:02:58	01:15:34	01:25:00	01:34:27	01:43:54	01:56:29
47	01:03:30	01:16:12	01:25:44	01:35:15	01:44:46	01:57:29
48	01:04:02	01:16:50	01:26:27	01:36:03	01:45:39	01:58:28
49	01:04:35	01:17:30	01:27:11	01:36:52	01:46:34	01:59:29
50	01:05:09	01:18:11	01:27:57	01:37:44	01:47:30	02:00:32
51	01:05:43	01:18:52	01:28:43	01:38:34	01:48:26	02:01:35
52	01:06:18	01:19:34	01:29:30	01:39:27	01:49:24	02:02:39
53	01:06:54	01:20:17	01:30:19	01:40:21	01:50:23	02:03:46
54	01:07:30	01:21:00	01:31:08	01:41:15	01:51:22	02:04:53
55	01:08:07	01:21:44	01:31:57	01:42:10	01:52:24	02:06:01

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	H. Mar	Fraserburgh Running Club Standards				
OC sec	3503					
OC	00:58:23	Plat	Gold	Silver	Bronze	Copper
56	01:08:44	01:22:29	01:32:47	01:43:06	01:53:25	02:07:09
57	01:09:22	01:23:14	01:33:39	01:44:03	01:54:27	02:08:20
58	01:10:01	01:24:01	01:34:31	01:45:01	01:55:32	02:09:32
59	01:10:40	01:24:48	01:35:24	01:46:00	01:56:36	02:10:44
60	01:11:21	01:25:37	01:36:19	01:47:01	01:57:44	02:12:00
61	01:12:01	01:26:25	01:37:13	01:48:01	01:58:50	02:13:14
62	01:12:43	01:27:16	01:38:10	01:49:04	01:59:59	02:14:32
63	01:13:26	01:28:07	01:39:08	01:50:09	02:01:10	02:15:51
64	01:14:10	01:29:00	01:40:07	01:51:15	02:02:22	02:17:13
65	01:14:54	01:29:53	01:41:07	01:52:21	02:03:35	02:18:34
66	01:15:39	01:30:47	01:42:08	01:53:28	02:04:49	02:19:57
67	01:16:26	01:31:43	01:43:11	01:54:39	02:06:07	02:21:24
68	01:17:13	01:32:40	01:44:15	01:55:49	02:07:24	02:22:51
69	01:18:01	01:33:37	01:45:19	01:57:02	02:08:44	02:24:20
70	01:18:51	01:34:37	01:46:27	01:58:16	02:10:06	02:25:52
71	01:19:43	01:35:40	01:47:37	01:59:34	02:11:32	02:27:29
72	01:20:41	01:36:49	01:48:55	02:01:02	02:13:08	02:29:16
73	01:21:46	01:38:07	01:50:23	02:02:39	02:14:55	02:31:16
74	01:22:57	01:39:32	01:51:59	02:04:25	02:16:52	02:33:27
75	01:24:16	01:41:07	01:53:46	02:06:24	02:19:02	02:35:54
76	01:25:42	01:42:50	01:55:42	02:08:33	02:21:24	02:38:33
77	01:27:17	01:44:44	01:57:50	02:10:56	02:24:01	02:41:28
78	01:29:01	01:46:49	02:00:10	02:13:32	02:26:53	02:44:41
79	01:30:55	01:49:06	02:02:44	02:16:22	02:30:01	02:48:12
80	01:33:01	01:51:37	02:05:34	02:19:31	02:33:29	02:52:05
81	01:35:18	01:54:22	02:08:39	02:22:57	02:37:15	02:56:18
82	01:37:50	01:57:24	02:12:04	02:26:45	02:41:25	03:01:00
83	01:40:38	02:00:46	02:15:51	02:30:57	02:46:03	03:06:10
84	01:43:42	02:04:26	02:20:00	02:35:33	02:51:06	03:11:51
85	01:47:06	02:08:31	02:24:35	02:40:39	02:56:43	03:18:08
86	01:50:53	02:13:04	02:29:42	02:46:19	03:02:57	03:25:08
87	01:55:08	02:18:10	02:35:26	02:52:42	03:09:58	03:33:00
88	01:59:52	02:23:50	02:41:49	02:59:48	03:17:47	03:41:45
89	02:05:11	02:30:13	02:49:00	03:07:47	03:26:33	03:51:35
90	02:11:14	02:37:29	02:57:10	03:16:51	03:36:32	04:02:47
91	02:18:05	02:45:42	03:06:25	03:27:08	03:47:50	04:15:27
92	02:25:58	02:55:10	03:17:03	03:38:57	04:00:51	04:30:02
93	02:35:07	03:06:08	03:29:24	03:52:41	04:15:57	04:46:58
94	02:45:46	03:18:55	03:43:47	04:08:39	04:33:31	05:06:40
95	02:58:23	03:34:04	04:00:49	04:27:35	04:54:20	05:30:01
96	03:13:31	03:52:13	04:21:15	04:50:16	05:19:18	05:58:00
97	03:32:04	04:14:29	04:46:17	05:18:06	05:49:55	06:32:19
98	03:55:08	04:42:10	05:17:26	05:52:42	06:27:58	07:15:00
99	04:24:39	05:17:35	05:57:17	06:36:58	07:16:40	08:09:36
100	05:03:55	06:04:42	06:50:17	07:35:53	08:21:28	09:22:15

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	Marathon	Fraserburgh Running Club Standards				
OC sec	7377					
OC	02:02:57	Plat	Gold	Silver	Bronze	Copper
5	03:23:01	04:03:37	04:34:04	05:04:31	05:34:59	06:15:35
6	03:06:24	03:43:41	04:11:38	04:39:36	05:07:34	05:44:50
7	02:53:16	03:27:55	03:53:55	04:19:54	04:45:53	05:20:33
8	02:42:43	03:15:16	03:39:40	04:04:05	04:28:29	05:01:02
9	02:34:09	03:04:59	03:28:06	03:51:14	04:14:21	04:45:11
10	02:27:08	02:56:34	03:18:38	03:40:42	04:02:46	04:32:12
11	02:21:23	02:49:40	03:10:52	03:32:05	03:53:17	04:21:34
12	02:16:40	02:44:00	03:04:30	03:25:00	03:45:30	04:12:50
13	02:12:50	02:39:24	02:59:20	03:19:15	03:39:10	04:05:44
14	02:09:45	02:35:42	02:55:10	03:14:38	03:34:05	04:00:02
15	02:07:20	02:32:48	02:51:54	03:11:00	03:30:06	03:55:34
16	02:05:31	02:30:37	02:49:27	03:08:17	03:27:06	03:52:12
17	02:03:59	02:28:47	02:47:23	03:05:59	03:24:34	03:49:22
18	02:03:02	02:27:38	02:46:06	03:04:33	03:23:00	03:47:37
19	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
20	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
21	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
22	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
23	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
24	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
25	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
26	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
27	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
28	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
29	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
30	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
31	02:02:57	02:27:32	02:45:59	03:04:26	03:22:52	03:47:27
32	02:02:58	02:27:34	02:46:00	03:04:27	03:22:54	03:47:29
33	02:03:05	02:27:42	02:46:10	03:04:38	03:23:05	03:47:42
34	02:03:17	02:27:56	02:46:26	03:04:56	03:23:25	03:48:04
35	02:03:34	02:28:17	02:46:49	03:05:21	03:23:53	03:48:36
36	02:03:56	02:28:43	02:47:19	03:05:54	03:24:29	03:49:17
37	02:04:25	02:29:18	02:47:58	03:06:38	03:25:17	03:50:10
38	02:04:59	02:29:59	02:48:44	03:07:29	03:26:13	03:51:13
39	02:05:40	02:30:48	02:49:39	03:08:30	03:27:21	03:52:29
40	02:06:26	02:31:43	02:50:41	03:09:39	03:28:37	03:53:54
41	02:07:18	02:32:46	02:51:51	03:10:57	03:30:03	03:55:30
42	02:08:17	02:33:56	02:53:11	03:12:26	03:31:40	03:57:19
43	02:09:20	02:35:12	02:54:36	03:14:00	03:33:24	03:59:16
44	02:10:25	02:36:30	02:56:04	03:15:38	03:35:11	04:01:16
45	02:11:30	02:37:48	02:57:31	03:17:15	03:36:59	04:03:16
46	02:12:35	02:39:06	02:58:59	03:18:53	03:38:46	04:05:17
47	02:13:43	02:40:28	03:00:31	03:20:35	03:40:38	04:07:23
48	02:14:51	02:41:49	03:02:03	03:22:17	03:42:30	04:09:28
49	02:16:01	02:43:13	03:03:37	03:24:02	03:44:26	04:11:38
50	02:17:12	02:44:38	03:05:13	03:25:48	03:46:23	04:13:49
51	02:18:24	02:46:05	03:06:50	03:27:36	03:48:22	04:16:02
52	02:19:37	02:47:32	03:08:29	03:29:26	03:50:22	04:18:17
53	02:20:52	02:49:02	03:10:10	03:31:18	03:52:26	04:20:36
54	02:22:08	02:50:34	03:11:53	03:33:12	03:54:31	04:22:57
55	02:23:26	02:52:07	03:13:38	03:35:09	03:56:40	04:25:21

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	Marathon	Fraserburgh Running Club Standards				
OC sec	7377					
OC	02:02:57	Plat	Gold	Silver	Bronze	Copper
56	02:24:44	02:53:41	03:15:23	03:37:06	03:58:49	04:27:45
57	02:26:04	02:55:17	03:17:11	03:39:06	04:01:01	04:30:13
58	02:27:26	02:56:55	03:19:02	03:41:09	04:03:16	04:32:45
59	02:28:50	02:58:36	03:20:56	03:43:15	04:05:34	04:35:21
60	02:30:15	03:00:18	03:22:50	03:45:23	04:07:55	04:37:58
61	02:31:41	03:02:01	03:24:46	03:47:32	04:10:17	04:40:37
62	02:33:09	03:03:47	03:26:45	03:49:44	04:12:42	04:43:20
63	02:34:39	03:05:35	03:28:47	03:51:58	04:15:10	04:46:06
64	02:36:11	03:07:25	03:30:51	03:54:17	04:17:42	04:48:56
65	02:37:45	03:09:18	03:32:58	03:56:38	04:20:17	04:51:50
66	02:39:19	03:11:11	03:35:05	03:58:59	04:22:52	04:54:44
67	02:40:57	03:13:08	03:37:17	04:01:26	04:25:34	04:57:45
68	02:42:37	03:15:08	03:39:32	04:03:56	04:28:19	05:00:50
69	02:44:18	03:17:10	03:41:48	04:06:27	04:31:06	05:03:57
70	02:46:02	03:19:14	03:44:09	04:09:03	04:33:57	05:07:10
71	02:47:52	03:21:26	03:46:37	04:11:48	04:36:59	05:10:33
72	02:49:55	03:23:54	03:49:23	04:14:53	04:40:22	05:14:21
73	02:52:12	03:26:38	03:52:28	04:18:18	04:44:08	05:18:34
74	02:54:42	03:29:38	03:55:51	04:22:03	04:48:15	05:23:12
75	02:57:27	03:32:56	03:59:33	04:26:10	04:52:48	05:28:17
76	03:00:28	03:36:34	04:03:38	04:30:42	04:57:46	05:33:52
77	03:03:49	03:40:35	04:08:09	04:35:43	05:03:18	05:40:04
78	03:07:27	03:44:56	04:13:03	04:41:10	05:09:18	05:46:47
79	03:11:27	03:49:44	04:18:27	04:47:10	05:15:54	05:54:11
80	03:15:52	03:55:02	04:24:25	04:53:48	05:23:11	06:02:21
81	03:20:42	04:00:50	04:30:57	05:01:03	05:31:09	06:11:18
82	03:26:01	04:07:13	04:38:07	05:09:02	05:39:56	06:21:08
83	03:31:55	04:14:18	04:46:05	05:17:53	05:49:40	06:32:03
84	03:38:23	04:22:04	04:54:49	05:27:35	06:00:20	06:44:01
85	03:45:33	04:30:40	05:04:30	05:38:20	06:12:09	06:57:16
86	03:53:31	04:40:13	05:15:15	05:50:17	06:25:18	07:12:00
87	04:02:27	04:50:56	05:27:18	06:03:40	06:40:03	07:28:32
88	04:12:25	05:02:54	05:40:46	06:18:37	06:56:29	07:46:58
89	04:23:37	05:16:20	05:55:53	06:35:25	07:14:58	08:07:41
90	04:36:21	05:31:37	06:13:04	06:54:31	07:35:59	08:31:15
91	04:50:48	05:48:58	06:32:35	07:16:12	07:59:49	08:57:59
92	05:07:23	06:08:52	06:54:58	07:41:04	08:27:11	09:28:40
93	05:26:39	06:31:59	07:20:59	08:09:58	08:58:58	10:04:18
94	05:49:05	06:58:54	07:51:16	08:43:37	09:35:59	10:45:48
95	06:15:39	07:30:47	08:27:08	09:23:28	10:19:49	11:34:57
96	06:47:31	08:09:01	09:10:09	10:11:17	11:12:24	12:33:54
97	07:26:36	08:55:55	10:02:55	11:09:54	12:16:53	13:46:13
98	08:15:10	09:54:12	11:08:28	12:22:45	13:37:01	15:16:03
99	09:17:21	11:08:49	12:32:25	13:56:01	15:19:38	17:11:06
100	10:40:02	12:48:02	14:24:03	16:00:03	17:36:03	19:44:04

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	50 km	Fraserburgh Running Club Standards				
OC sec	8970					
OC	02:29:30	Plat	Gold	Silver	Bronze	Copper
5	04:06:52	04:56:14	05:33:16	06:10:18	06:47:20	07:36:42
6	03:46:39	04:31:59	05:05:59	05:39:59	06:13:58	06:59:18
7	03:30:41	04:12:49	04:44:25	05:16:02	05:47:38	06:29:46
8	03:17:51	03:57:25	04:27:06	04:56:46	05:26:27	06:06:01
9	03:07:26	03:44:55	04:13:02	04:41:09	05:09:16	05:46:45
10	02:58:55	03:34:42	04:01:32	04:28:23	04:55:13	05:31:00
11	02:51:55	03:26:18	03:52:05	04:17:53	04:43:40	05:18:03
12	02:46:11	03:19:25	03:44:21	04:09:17	04:34:12	05:07:26
13	02:41:31	03:13:49	03:38:03	04:02:16	04:26:30	04:58:48
14	02:37:46	03:09:19	03:32:59	03:56:39	04:20:19	04:51:52
15	02:34:50	03:05:48	03:29:02	03:52:15	04:15:28	04:46:27
16	02:32:37	03:03:08	03:26:02	03:48:56	04:11:49	04:42:20
17	02:30:46	03:00:55	03:23:32	03:46:09	04:08:46	04:38:55
18	02:29:36	02:59:31	03:21:58	03:44:24	04:06:50	04:36:46
19	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
20	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
21	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
22	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
23	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
24	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
25	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
26	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
27	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
28	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
29	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
30	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
31	02:29:30	02:59:24	03:21:50	03:44:15	04:06:41	04:36:35
32	02:29:32	02:59:26	03:21:52	03:44:18	04:06:44	04:36:38
33	02:29:40	02:59:36	03:22:03	03:44:30	04:06:57	04:36:53
34	02:29:54	02:59:53	03:22:22	03:44:51	04:07:20	04:37:19
35	02:30:15	03:00:18	03:22:50	03:45:23	04:07:55	04:37:58
36	02:30:42	03:00:50	03:23:27	03:46:03	04:08:39	04:38:48
37	02:31:17	03:01:32	03:24:14	03:46:55	04:09:37	04:39:52
38	02:31:59	03:02:23	03:25:11	03:47:58	04:10:46	04:41:10
39	02:32:48	03:03:22	03:26:17	03:49:12	04:12:07	04:42:41
40	02:33:44	03:04:29	03:27:32	03:50:36	04:13:40	04:44:24
41	02:34:48	03:05:46	03:28:59	03:52:12	04:15:25	04:46:23
42	02:35:59	03:07:11	03:30:35	03:53:59	04:17:22	04:48:34
43	02:37:16	03:08:43	03:32:19	03:55:54	04:19:29	04:50:57
44	02:38:34	03:10:17	03:34:04	03:57:51	04:21:38	04:53:21
45	02:39:54	03:11:53	03:35:52	03:59:51	04:23:50	04:55:49
46	02:41:13	03:13:28	03:37:39	04:01:50	04:26:00	04:58:15
47	02:42:35	03:15:06	03:39:29	04:03:53	04:28:16	05:00:47
48	02:43:59	03:16:47	03:41:23	04:05:59	04:30:34	05:03:22
49	02:45:24	03:18:29	03:43:17	04:08:06	04:32:55	05:05:59
50	02:46:50	03:20:12	03:45:14	04:10:15	04:35:17	05:08:39
51	02:48:17	03:21:56	03:47:11	04:12:26	04:37:40	05:11:19
52	02:49:46	03:23:43	03:49:11	04:14:39	04:40:07	05:14:04
53	02:51:17	03:25:32	03:51:14	04:16:56	04:42:37	05:16:52
54	02:52:50	03:27:24	03:53:20	04:19:15	04:45:10	05:19:45
55	02:54:24	03:29:17	03:55:26	04:21:36	04:47:46	05:22:38

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	50 km	Fraserburgh Running Club Standards				
OC sec	8970					
OC	02:29:30	Plat	Gold	Silver	Bronze	Copper
56	02:55:59	03:31:11	03:57:35	04:23:59	04:50:22	05:25:34
57	02:57:37	03:33:08	03:59:47	04:26:26	04:53:04	05:28:35
58	02:59:17	03:35:08	04:02:02	04:28:55	04:55:49	05:31:40
59	03:00:58	03:37:10	04:04:18	04:31:27	04:58:36	05:34:47
60	03:02:42	03:39:14	04:06:39	04:34:03	05:01:27	05:38:00
61	03:04:26	03:41:19	04:08:59	04:36:39	05:04:19	05:41:12
62	03:06:13	03:43:28	04:11:24	04:39:20	05:07:15	05:44:30
63	03:08:03	03:45:40	04:13:52	04:42:05	05:10:17	05:47:54
64	03:09:55	03:47:54	04:16:23	04:44:53	05:13:22	05:51:21
65	03:11:49	03:50:11	04:18:57	04:47:44	05:16:30	05:54:52
66	03:13:44	03:52:29	04:21:32	04:50:36	05:19:40	05:58:24
67	03:15:42	03:54:50	04:24:12	04:53:33	05:22:54	06:02:03
68	03:17:44	03:57:17	04:26:56	04:56:36	05:26:16	06:05:48
69	03:19:47	03:59:44	04:29:42	04:59:41	05:29:39	06:09:36
70	03:21:53	04:02:16	04:32:33	05:02:50	05:33:06	06:13:29
71	03:24:07	04:04:56	04:35:33	05:06:11	05:36:48	06:17:37
72	03:26:36	04:07:55	04:38:55	05:09:54	05:40:53	06:22:13
73	03:29:23	04:11:16	04:42:40	05:14:05	05:45:29	06:27:22
74	03:32:25	04:14:54	04:46:46	05:18:38	05:50:29	06:32:58
75	03:35:46	04:18:55	04:51:17	05:23:39	05:56:01	06:39:10
76	03:39:26	04:23:19	04:56:14	05:29:09	06:02:04	06:45:57
77	03:43:30	04:28:12	05:01:44	05:35:15	06:08:46	06:53:28
78	03:47:56	04:33:31	05:07:43	05:41:54	06:16:05	07:01:41
79	03:52:48	04:39:22	05:14:17	05:49:12	06:24:07	07:10:41
80	03:58:10	04:45:48	05:21:32	05:57:15	06:32:58	07:20:36
81	04:04:03	04:52:52	05:29:28	06:06:04	06:42:41	07:31:30
82	04:10:30	05:00:36	05:38:11	06:15:45	06:53:19	07:43:25
83	04:17:40	05:09:12	05:47:51	06:26:30	07:05:09	07:56:41
84	04:25:33	05:18:40	05:58:30	06:38:19	07:18:09	08:11:16
85	04:34:16	05:29:07	06:10:16	06:51:24	07:32:32	08:27:24
86	04:43:57	05:40:44	06:23:20	07:05:55	07:48:31	08:45:18
87	04:54:49	05:53:47	06:38:00	07:22:13	08:06:27	09:05:25
88	05:06:55	06:08:18	06:54:20	07:40:22	08:26:25	09:27:48
89	05:20:32	06:24:38	07:12:43	08:00:48	08:48:53	09:52:59
90	05:36:02	06:43:14	07:33:39	08:24:03	09:14:27	10:21:40
91	05:53:36	07:04:19	07:57:22	08:50:24	09:43:26	10:54:10
92	06:13:45	07:28:30	08:24:34	09:20:37	10:16:41	11:31:26
93	06:37:11	07:56:37	08:56:12	09:55:46	10:55:21	12:14:47
94	07:04:28	08:29:22	09:33:02	10:36:42	11:40:22	13:05:16
95	07:36:46	09:08:07	10:16:38	11:25:09	12:33:40	14:05:01
96	08:15:32	09:54:38	11:08:58	12:23:18	13:37:38	15:16:44
97	09:03:03	10:51:40	12:13:07	13:34:35	14:56:02	16:44:39
98	10:02:06	12:02:31	13:32:50	15:03:09	16:33:28	18:33:53
99	11:17:42	13:33:14	15:14:54	16:56:33	18:38:12	20:53:45
100	12:58:14	15:33:53	17:30:37	19:27:21	21:24:05	23:59:44

Male Road Age Standards in H:MM:SS

WMA and USATF, 2015

Age	100 km	Fraserburgh Running Club Standards				
OC sec	21360					
OC	05:56:00	Plat	Gold	Silver	Bronze	Copper
5	09:47:51	11:45:25	13:13:36	14:41:46	16:09:57	18:07:31
6	08:59:43	10:47:40	12:08:37	13:29:34	14:50:32	16:38:29
7	08:21:41	10:02:01	11:17:16	12:32:31	13:47:47	15:28:07
8	07:51:09	09:25:23	10:36:03	11:46:44	12:57:24	14:31:38
9	07:26:20	08:55:36	10:02:33	11:09:30	12:16:27	13:45:43
10	07:06:02	08:31:14	09:35:09	10:39:03	11:42:57	13:08:10
11	06:49:23	08:11:16	09:12:40	10:14:04	11:15:29	12:37:22
12	06:35:44	07:54:53	08:54:14	09:53:36	10:52:58	12:12:06
13	06:24:37	07:41:32	08:39:14	09:36:56	10:34:37	11:51:32
14	06:15:41	07:30:49	08:27:10	09:23:32	10:19:53	11:35:01
15	06:08:41	07:22:25	08:17:43	09:13:01	10:08:20	11:22:04
16	06:03:25	07:16:06	08:10:37	09:05:07	09:59:38	11:12:19
17	05:59:01	07:10:49	08:04:40	08:58:31	09:52:23	11:04:11
18	05:56:15	07:07:30	08:00:56	08:54:22	09:47:49	10:59:04
19	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
20	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
21	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
22	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
23	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
24	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
25	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
26	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
27	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
28	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
29	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
30	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
31	05:56:00	07:07:12	08:00:36	08:54:00	09:47:24	10:58:36
32	05:56:04	07:07:17	08:00:41	08:54:06	09:47:31	10:58:43
33	05:56:24	07:07:41	08:01:08	08:54:36	09:48:04	10:59:20
34	05:56:58	07:08:22	08:01:54	08:55:27	09:49:00	11:00:23
35	05:57:47	07:09:20	08:03:00	08:56:40	09:50:21	11:01:54
36	05:58:52	07:10:38	08:04:28	08:58:18	09:52:08	11:03:54
37	06:00:15	07:12:18	08:06:20	09:00:23	09:54:25	11:06:28
38	06:01:54	07:14:17	08:08:34	09:02:51	09:57:08	11:09:31
39	06:03:52	07:16:38	08:11:13	09:05:48	10:00:23	11:13:09
40	06:06:04	07:19:17	08:14:11	09:09:06	10:04:01	11:17:13
41	06:08:36	07:22:19	08:17:37	09:12:54	10:08:11	11:21:55
42	06:11:27	07:25:44	08:21:27	09:17:11	10:12:54	11:27:11
43	06:14:30	07:29:24	08:25:35	09:21:45	10:17:56	11:32:50
44	06:17:36	07:33:07	08:29:46	09:26:24	10:23:02	11:38:34
45	06:20:45	07:36:54	08:34:01	09:31:07	10:28:14	11:44:23
46	06:23:55	07:40:42	08:38:17	09:35:53	10:33:28	11:50:15
47	06:27:10	07:44:36	08:42:41	09:40:45	10:38:49	11:56:16
48	06:30:29	07:48:35	08:47:09	09:45:44	10:44:18	12:02:24
49	06:33:51	07:52:37	08:51:42	09:50:46	10:49:51	12:08:37
50	06:37:17	07:56:44	08:56:20	09:55:55	10:55:31	12:14:58
51	06:40:43	08:00:52	09:00:58	10:01:05	11:01:11	12:21:20
52	06:44:16	08:05:07	09:05:46	10:06:24	11:07:02	12:27:54
53	06:47:53	08:09:28	09:10:39	10:11:50	11:13:00	12:34:35
54	06:51:34	08:13:53	09:15:37	10:17:21	11:19:05	12:41:24
55	06:55:18	08:18:22	09:20:39	10:22:57	11:25:15	12:48:18

Standard times in h:m:s

Male Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	100 km	Fraserburgh Running Club Standards				
OC sec	21360					
OC	05:56:00	Plat	Gold	Silver	Bronze	Copper
56	06:59:04	08:22:53	09:25:44	10:28:36	11:31:28	12:55:16
57	07:02:57	08:27:32	09:30:59	10:34:25	11:37:52	13:02:27
58	07:06:55	08:32:18	09:36:20	10:40:22	11:44:25	13:09:48
59	07:10:56	08:37:07	09:41:46	10:46:24	11:51:02	13:17:14
60	07:15:03	08:42:04	09:47:19	10:52:34	11:57:50	13:24:51
61	07:19:11	08:47:01	09:52:54	10:58:46	12:04:39	13:32:29
62	07:23:27	08:52:08	09:58:39	11:05:10	12:11:42	13:40:23
63	07:27:48	08:57:22	10:04:32	11:11:42	12:18:52	13:48:26
64	07:32:14	09:02:41	10:10:31	11:18:21	12:26:11	13:56:38
65	07:36:46	09:08:07	10:16:38	11:25:09	12:33:40	14:05:01
66	07:41:19	09:13:35	10:22:47	11:31:59	12:41:10	14:13:26
67	07:46:02	09:19:14	10:29:09	11:39:03	12:48:57	14:22:10
68	07:50:50	09:25:00	10:35:38	11:46:15	12:56:52	14:31:03
69	07:55:45	09:30:54	10:42:16	11:53:37	13:04:59	14:40:08
70	08:00:45	09:36:54	10:49:01	12:01:07	13:13:14	14:49:23
71	08:06:04	09:43:17	10:56:11	12:09:06	13:22:01	14:59:13
72	08:11:59	09:50:23	11:04:11	12:17:58	13:31:46	15:10:10
73	08:18:36	09:58:19	11:13:07	12:27:54	13:42:41	15:22:25
74	08:25:50	10:07:00	11:22:53	12:38:45	13:54:37	15:35:48
75	08:33:47	10:16:32	11:33:36	12:50:40	14:07:45	15:50:30
76	08:42:32	10:27:02	11:45:25	13:03:48	14:22:11	16:06:41
77	08:52:13	10:38:40	11:58:30	13:18:19	14:38:09	16:24:36
78	09:02:46	10:51:19	12:12:44	13:34:09	14:55:34	16:44:07
79	09:14:21	11:05:13	12:28:22	13:51:31	15:14:41	17:05:33
80	09:27:09	11:20:35	12:45:39	14:10:43	15:35:48	17:29:14
81	09:41:08	11:37:22	13:04:32	14:31:42	15:58:52	17:55:06
82	09:56:31	11:55:49	13:25:18	14:54:46	16:24:15	18:23:33
83	10:13:35	12:16:18	13:48:20	15:20:22	16:52:25	18:55:08
84	10:32:20	12:38:48	14:13:39	15:48:30	17:23:21	19:29:49
85	10:53:05	13:03:42	14:41:40	16:19:37	17:57:35	20:08:12
86	11:16:10	13:31:24	15:12:49	16:54:15	18:35:40	20:50:55
87	11:42:02	14:02:26	15:47:45	17:33:03	19:18:21	21:38:46
88	12:10:51	14:37:01	16:26:39	18:16:16	20:05:54	22:32:04
89	12:43:18	15:15:58	17:10:27	19:04:57	20:59:27	23:32:06
90	13:20:11	16:00:13	18:00:15	20:00:16	22:00:18	00:40:20
91	14:02:00	16:50:24	18:56:42	21:03:00	23:09:18	01:57:42
92	14:50:00	17:48:00	20:01:30	22:15:00	00:28:30	03:26:30
93	15:45:48	18:54:58	21:16:50	23:38:42	02:00:34	05:09:44
94	16:50:47	20:12:56	22:44:33	01:16:11	03:47:48	07:09:57
95	18:07:41	21:45:13	00:28:22	03:11:32	05:54:41	09:32:13
96	19:39:59	23:35:59	02:32:59	05:29:59	08:26:58	12:22:58
97	21:33:08	01:51:46	05:05:44	08:19:42	11:33:40	15:52:18
98	23:53:45	04:40:30	08:15:34	11:50:38	15:25:41	20:12:26
99	02:53:47	08:16:32	12:18:36	16:20:41	20:22:45	01:45:30
100		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00